# LUPEN CROOK

## THE PROS AND CONS OF EATING OUT

PROMOTIONAL COPY

Release date 04 October 2010

# LUPEN CROOK

LUPEN CROOK
PRESENTING A BEAST REALITY RECORD AND FEATURING MUSIC BY THE MURDERERS
THE PROS AND CONS OF EATING OUT
PROMOTIONAL COPY
Release date 04 October 2010

BEAST REALITY
RECORDS

THE MEDWAY TOWNS,
Dysunited Kingdom,
August 2010,
FOR IMMEDIATE RELEASE

***"in Fight Folk we trust"***

# 'THE PROS AND CONS OF EATING OUT' RELEASES ON 4 OCT 2010

**Long-awaited third album from Lupen Crook has confirmed release date**

*"As a songwriter I have taken myself on a voyage of discovery and misadventure. I have willingly allowed 'the moment' and my natural impulse, however frowned upon it may be, to envelop me entirely. With these experiences in mind, this assessment of* ***The Pros and Cons of Eating Out*** *has been formed."*

A self-confessed method writer, **Lupen Crook** has spent the last two years wandering, wondering and wilfully exploring the extreme nature of the human character. Mr Crook has obsessively pursued the darker side of life; the sinful side, the secret side, those parts of ourselves that we dare not reveal. Lupen Crook's songs and lyrics are underpinned by music written and arranged in collaboration with his most trusted long-term partners in crime, **Tom and Bob Langridge** – collectively known as **The Murderbirds**. All who have seen their live shows will testify to the passion and proficiency that they bring to Crook's output.

The album was recorded, engineered, mixed and mastered by **Jim Riley** in the earthy, analogue environment of Ranscombe Studios in Medway. **Howie B** (Björk, U2, Tricky) produced three of its tracks, which were mixed by **Ben Thackeray** alongside Jim Riley – two of which were released in July as a double 'A' side single.

The album release follows a hectic and intense Summer schedule of gigs, festivals and impromptu "guerrilla" performances based around the Crooked gypsy cart, during which this new material was showcased to enthusiastic responses. The band has delighted existing fans and made many new friends during this period. Exposure via radio play has also continued to increase interest in the band. BBC 6Music's Tom Robinson was inundated with positive feedback after playing some of their new material in May. He wondered out loud whether an orchestrated campaign was in effect, though actually it was a genuinely spontaneous response.

**The Pros and Cons of Eating Out**, Crook's third album, will be released on the Crooked Family's Beast Reality Records label (catalogue number BR0005) on 4th October 2010. It will be available through standard physical distribution channels via Shellshock, download (iTunes, etc.) and by mail order from **www.lupencrook.com**. Further information on Lupen Crook's output can be found at www.lupencrook.com, where Mr Crook and his collaborators post regular updates on their activities and other Crooked items of interest, as well as maintaining an ongoing dialogue with their ever-increasing fan community.

*For more information on Lupen Crook, The Murderbirds, the Crooked Family, Beast Reality Records and the album's title, themes and artwork, please read on...*

## ALBUM TITLE, ARTWORK & THEMES

A STATEMENT BY LUPEN CROOK

Like everything in this life, to get the full picture one cannot rely on a single viewpoint or perspective; multiple layers can and should be explored for consideration. There are Pros and Cons to everything in life. Nothing is straightforward... nothing of interest, anyhow. "Eating out" is living outside of your safety zone, being the explorer, the peasant jester, the adventurer. As a writer, my job has always been to report back my findings. Along the way I have met many people, some crooked, some straight, some cruel, more often kind. What I have discovered is that every single person, if the right circumstances present themselves, will happily give themselves up to that animal instinct that burns beneath us, dormant inside of everyone.

This can, should and probably will at some inappropriate moment come to the surface. I say take control; learn about these instincts, because that is where the truth of oneself lies. So too lies the reality of having to return to 'this world', the world with its restraints, its etiquette, its anti-instinct. The safe and constrained environment that we have allowed to form is stupefying us, frightening us into believing that 'this' or 'that' is wrong or dangerous, when in fact these things are often natural; more often than not, extremely instinctual.

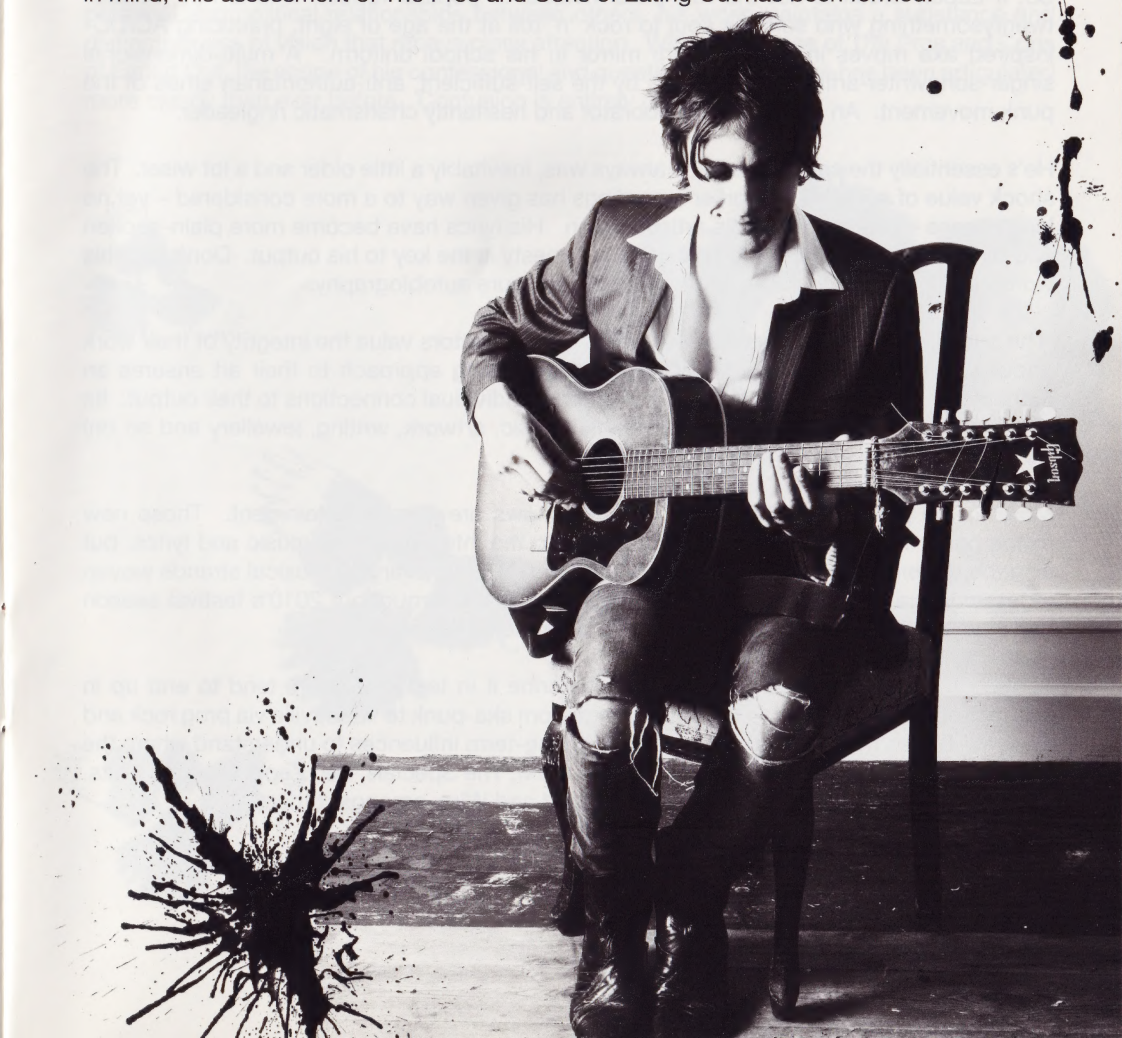
Some might look at the artwork that forms the front cover of this album and see something offensive: a depiction of an orgy – the type of thing that happens behind closed doors, dirty, unclean, demonic and sinful. It is an orgy, true enough, but aside from the fact it looks like damn fine fun to me, it stands for what I am interested in: it is a celebration of not only sex but also the electric energies that can and do exist between people and which reveal what lies beyond the surface, the real feelings that possess us. On this album, I have revealed myself. These are my findings, my feelings and interpretations of experiences I've had. This image quite simply encourages the ethos of truth. That truth can be simultaneously invigorating, uncomfortable and mischievous... that's no bad thing.

The point I make with this painting is that - whether or not for some this is pure fantasy, or nightmare, or in fact reality - it is part of our instinctual desire to connect with others. The anonymous individuals in the picture are all joined. There is no break in the bonds that hold them together. Anonymity exists not through fear of being revealed, or to hide who these people are or what they are doing. It is simply that they have no need for names, dates, status, language - they are free, and they also are as one. Say what you will, but this is where my journey has taken me to date. The next chapter of this tale will surely reveal more - perhaps even contradict this ideal or opinion entirely - but that this episode has been lived means that it is living - it is real.

I am fascinated by connections and contradictions. Amongst most of the people I've met by chance, from the slick city white collars to the street slum wanderers, the nervy indie kids to violently inclined chav gangs, it seems that a feeling of disconnection paradoxically connects them all together. Even though they have often pitted themselves against each other, it is as though we have all been separately downtrodden by the 'tricks' that have been played upon us by industries and authorities. It is here that I have discovered my inspiration, where I have managed to make my own connections, if only on one to one

basis. The consequences of my impulsive misadventures have revealed both treasures and terrors about this place we live in, the person I am and the effect of my actions on those around me. I have documented these as honestly as possible.

As a songwriter, as a band, as a Family, these twin concepts of honesty and truth – however subjective – are important to us, regardless of where they lead us. This is simply because, for us, creativity must have no boundaries. For any idea to be given its full due, it must be allowed to roam free and discover itself naturally. As a songwriter I have taken myself on a voyage of discovery and misadventure. I have willingly allowed 'the moment' and my natural impulse - however frowned upon it may be - to envelop me entirely. With these experiences in mind, this assessment of The Pros and Cons of Eating Out has been formed.



# THE WORLD OF LUPEN CROOK

Names have a peculiar power in the world of Lupen Crook. In each of the three cases below, the names appeared first. The concepts emerged hazily to begin with and then like-minded individuals gathered around to help them become a tangible reality. These identities have now taken on a momentum of their own.

## THE MURDERBIRDS

Lupen Crook is the focal point for recordings and gigs. He plays solo as and when necessary. However, all who have seen the full-band performances will be under no illusion that this is anything other than a group affair. The Murderbirds have stood at Mr Crook's side for half a decade and remain his closest partners in crime.

The nucleus of The Murderbirds – formed during the recording sessions for Lupen Crook's debut album – is the multi-talented Langridge brothers, Bob and Tom. They have been joined over the years by numerous other collaborators, most recently Clayton Boothroyd on bass, double-bass and percussion.

The Murderbirds today embody a five-year working relationship that has gone from strength to strength. Their activities demonstrate the organic way in which Lupen Crook prefers to work, via chance, opportunity and redefinition. The birds have their freedom, but have never flown far from the Crooked nest.

## THE CROOKED FAMILY

The Crooked Family is the broader group of collaborators surrounding Lupen Crook's vision, a loosely defined but tight-knit collection of artists and thinkers, schemers and dreamers. Their output encompasses numerous forms of self-expression, combined in varying permutations as inspiration dictates and circumstances require.

For example, Tom Langridge's graphic design skills have combined with Lupen Crook's artwork for the album sleeve. Lucy Langridge has taken Mr Crook's jewellery designs and turned them into a beautiful reality. Similar Crooked collaborations have taken place with Jenny Hardcore (photography) and Hg (words and web).

More recently, Mr Crook, Tom and Hg have explored a shared interest in film, resulting in five music videos to date. The Family members are established talents in their own right and other Crooked Family collaborations extend beyond Crook himself, such as Hg contributing editing skills to Sam Hayes' prize-nominated fiction.

The Crooked Family isn't merely a cute "gang name", but a collective of people whose relationships extend beyond the bounds of day-to-day friendship into an informal but binding commitment to mutual support and experimentation. Its members pool interests, skills and visions to bring out the best in each other.

## BEAST REALITY

Beast Reality began as an idea in 2008 when Lupen Crook released a compilation album on an imprint that he named Beast Reality Records. Its production plant was based on a spindle of Tesco Value CDs and a Staples photocopier; its distribution network was the canvas shoulder bag that he frequently misplaced at gigs.

In 2009, as the Crooked Family started to articulate its objectives more clearly, a more pronounced and better organised DIY strategy was developed by Hg. A website went online and three EPs were released in varying physical and digital formats, via mail order and mainstream channels including iTunes and Amazon.

The Pros and Cons of Eating Out is the label's fifth release, with distribution extended to mainstream and independent record shops. We share a long-term vision of Beast Reality as a tattered umbrella organisation, flapping in the wind like a crow's broken wing... a showcase for other emerging and like-minded artists.

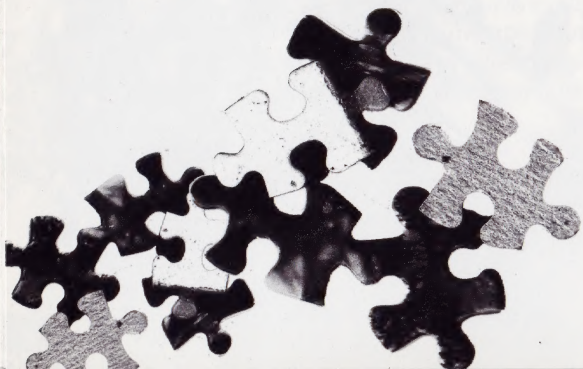
Are you happy to be another waste of energy floating around in space?
It's fine by me, I'm just a quintessential property, devoid of any
symmetry, it's fine by me...

**FanTaSist iN March**

I've seen the storm that's gonna tear you all apart
Don't ask me how my friends but believe me, when it starts
You're gonna be cold and hungry, but too little too late
And if you want to know, my good, good, friends, I can hardly wait

My butterflies are panicking, my stomach don't know what's happening
Build it up and break it down again.

**will O the wiSP**



Play dead like the pigs on the poles who are dancing for men in the dirty black holes of our country, dead like the man in city who talks to himself. Play dead like the kids in the class and the teacher just asking and asking and asking those questions, dead like singer who's singing his prettiest songs

We were younger, we were brighter, we were seven years lighter
It was always gonna come to this and I'm so fucking glad it did

**sLeepIng LIOnS**

We ain't got time to jungle it about
You stole it from the start but now you've got to do without
I've got a careworn Cinderella and I'm not entirely sure
If she'll ever feel the same, the way she felt for me before

**dorothy DESERVES**

These boats I can't sail and wings I ain't got
The birds I've loved, like the good self I've forgot
I've got to go to the man and say 'Hey man, I am thinking'
Thinking dark and desperate things
I've got to go to the man and say 'Hey man, I've been tripping'
Tripping over all manner of things

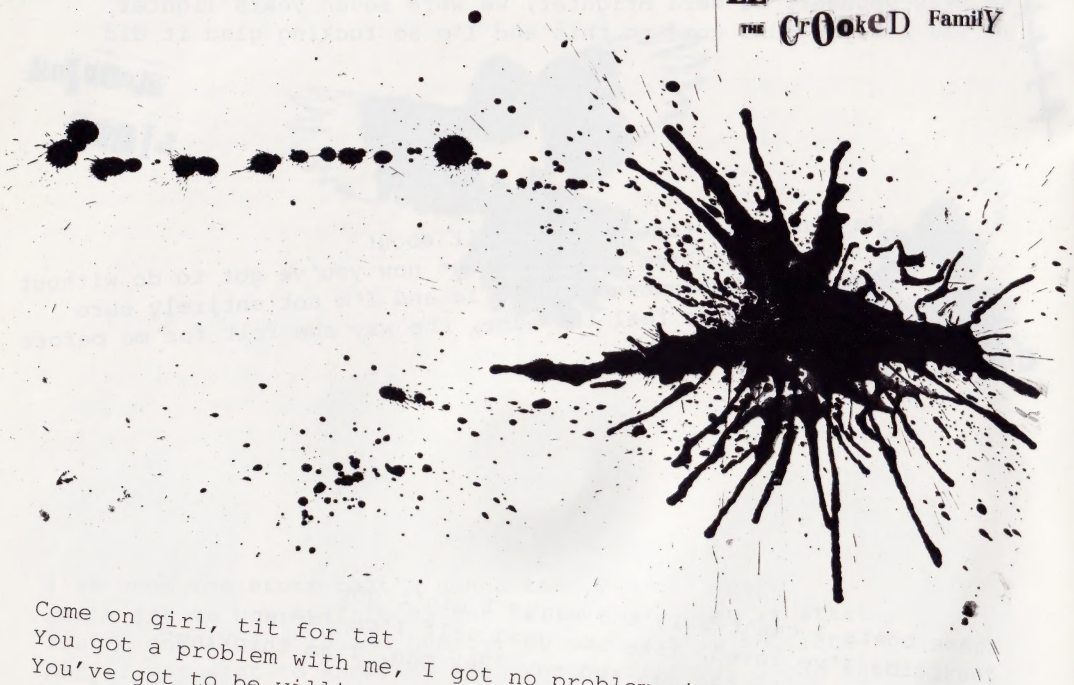
**WORLDS END**

At least you know now what I am, I am the Devil's Son
I ain't my mother's anymore, God knows she knows just what I've done
I'm as black as an orchid. I'm heading back to where I belong
I'm as cruel as the cursed land you have me walk on

**DEVILS SON**

Slight gold daylight breaks through a faultline in the sky
Could it be you've fallen out of favour with my cold polluted eyes?
Fight like lovers, cover bruises with a black rose or a rhyme
Cuz down here where the crabs crawl crazy like a plague
And the wiggle waggle worms try for fingers in the grave and say...

LEst we CONNECt
THE CrOOkeD Family



Come on girl, tit for tat
You got a problem with me, I got no problem with that
You've got to be willing, you've got to be wild
You've got to kick it every once in a while

SCISSOR KICK

So I head out to fetch supplies, to fill the pockets of my eyes
With dirty days and dirty nights, a-cross my heart and wonder why
Over and over, time after time
I've never found a lover with a heart as cold as mine

I can't sail seas of convenience, say what you want of me for I am just a ship wreck

PIRATES WIFE

So I climb up, I fall down, I will bury my head in the ground
Dine on roots, turn to worms, for advice on how to murder these birds
Tear the wings and bite the beaks, clip the claws from off of their feet
Until the white is red and the black is as black as hell itself I
ain't coming back

how to mURder BirDs

Cuz everything you've heard is true and for sure apologies are owed to you
But to be quite fair you always knew that everything I spit has been chewed
Cuz every third day I shall waste and everything thought I think I taste
And every heart is broken in two cuz everything you've heard is true

hour GLAss

So this ode to fucking everyone and all of us that don't belong
The Irish black and the British brown, to the mosque they built in
Chatham town... everybody's got a lot to learn, unlearn the lot
Hang on everybody that don't belong, it's gonna be alright

Ode to FUCKing EvERYone

# FEEDBACK

## PRESS REVIEWS – 2006-2009

*"... who knows what really lurks behind Lupen Crook's pretty demeanour? Whatever it is, though, it sounds utterly compelling"*
**– NME**

*"Medway-based songwriter Lupen Crook is a bewitching talent... a uniquely twisted mind, providing you've got the stomach for it"*
**– Uncut**

*"... like a more jaundiced Ray Davies as the song travels from voice and guitar through muscular band punctuation... this is original and highly concentrated stuff"*
**– Mojo**

*"... indisputable genius. It's not Dylan going electric, you understand; it's much more significant than that. Sublime stuff."*
**– The Fly**

*"... the sound of a soul stripped naked, then strapped to a guitar, set on fire and sent shrieking down the street... Splendidly uncompromising stuff."*
**– Clash Magazine**

*"... a songwriter who has an air of insanity and a genuine edge-of-the-seat brilliance that is both puzzling and highly addictive."*
**– The Sun**

## WEB AND SOCIAL NETWORKING – SUMMER 2010

*"Absurd folk-ska-prog madness. Pretty cool! [...] Reminds me of a teenage rocked up Tom Waits. Way too cool. [...] Some of the teenage emo chicks seem less than impressed with Lupen. Are the musicians too good and too un-obsessed with an image for them?"*
**- Rocabluesman live-tweeting on Twitter during the Latitude festival 2010**

*"You guys were awesome tonight at Scala! Met Clayton after. Top guy! Will try see you guys again!"*
**- Sergei Palmer on Facebook after a gig at the Scala, London**

*"Stumbled on your Latitude gig in the forest on Saturday: you rocked! Loved the passion and the mix of sounds and influences, and to be really enjoying yourselves. Can't wait to hear more of you elsewhere."*
**- Diane Tuner on Facebook after the Latitude festival 2010**

*"We stumbled across your Sunrise Arena gig... we were gobsmacked from start to finish. And you could tell from the looks on everyone's faces around us everyone was thinking the same. A really memorable show in a fantastic setting... Can't wait for the album – where have you been all our lives?!?"*
**- Mark commenting on the Lupen Crook website after the Latitude festival 2010**

Lupen Crook: Guitar, Lyrics & Lead Vocals
Tom Langridge: Keyboards, Guitar, Percussion & Vocals
Bob Langridge: Drums, Percussion & Vocals
Clayton Boothroyd: Bass

**MANAGEMENT**
Bruce Saunders, bruce@xb-xj.com, 07779 997787
Stuart Hardy, stuart@beastreality.co.uk, 07785 540319

**PROMOTION**
Press: Chris Stone (Stone Immaculate), stone@stoneimmaculate.co.uk
Radio/TV: Stuart Emery (Large PR), stuart@largepr.com

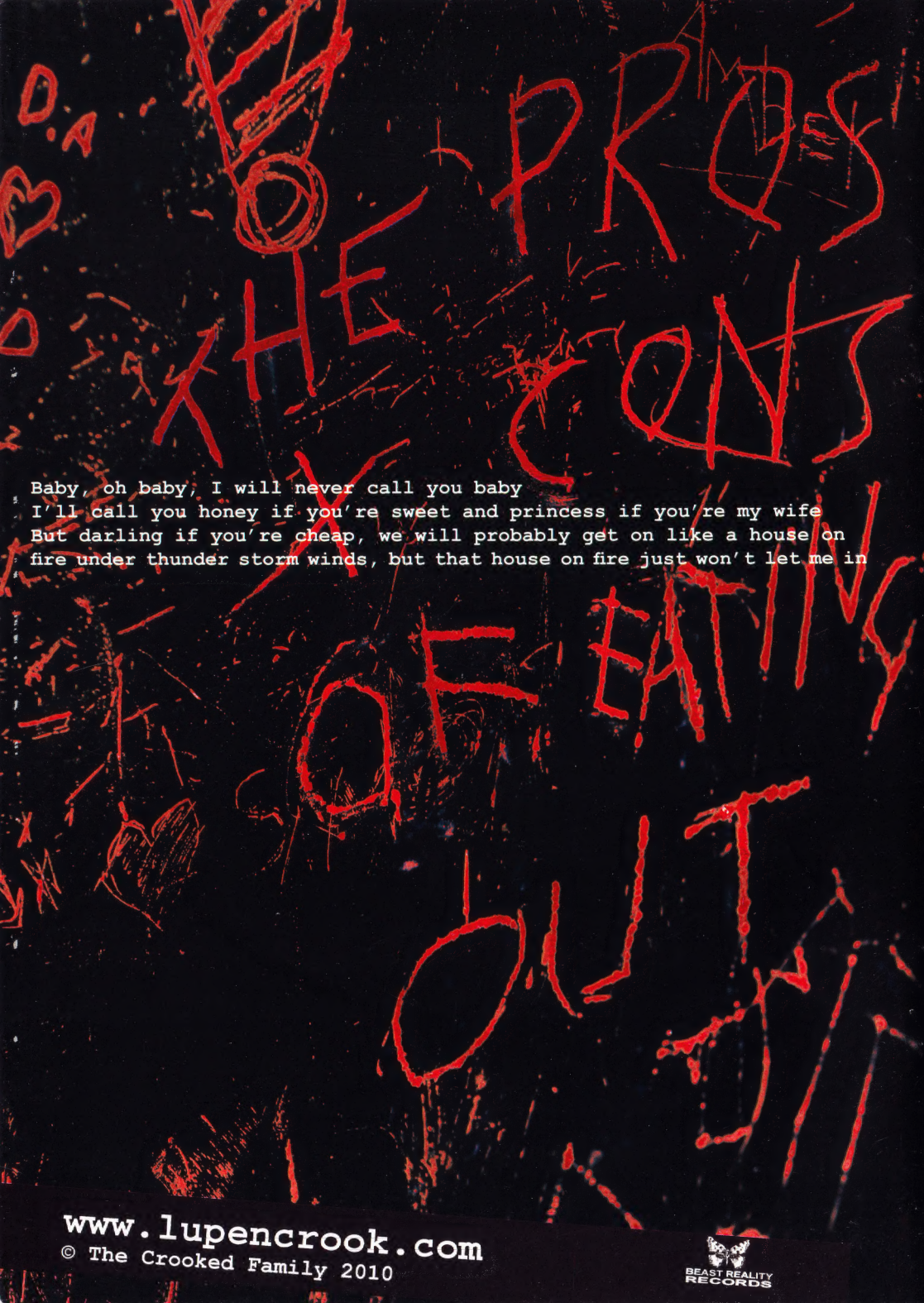
**FURTHER PRESS MATERIAL**
Video links, hi-res press shots etc. are available at www.lupencrook.com/press

**LABEL**
Beast Reality Records: www.beastreality.co.uk

**ONLINE PRESENCES**
www.lupencrook.com
www.facebook.com/lupencrook
www.myspace.com/lupencrook
www.twitter.com/lupencrook

**BOOKLET DESIGN**
Lupen Crook and Antje Saunders

**PHOTOGRAPHY**
Jenny Hardcore, Sara Norling and Stuart Hardy




Baby, oh baby, I will never call you baby
I'll call you honey if you're sweet and princess if you're my wife
But darling if you're cheap, we will probably get on like a house on fire under thunder storm winds, but that house on fire just won't let me in

www.lupencrook.com

© The Crooked Family 2010

BEAST REALITY RECORDS